

# the newham mag

**ISSUE 150**

26 July 2008



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Recycle  
for  
Newham



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Events  
online

> **Page 10 Entertainment for all ages:  
highlights from the Mayor's Newham Show**



**In Focus – news for Manor Park, Plaistow, Green Street, Stratford and West Ham**



# We were here... ...where were you?

## Missed Appointments? Missed Opportunities!

- If everyone kept their appointments, we could spend £4m more each year on your healthcare. Just one missed appointment costs £200!!
- 20,000 appointments are missed each year; that's 20,000 people who could have been seen faster.



### Step 1...

You make your appointment



### Step 2...

We remind you



### Step 3...

You attend on the day

# the newham mag



It was great to meet so many of you at the Mayor's Newham Show! More than 55,000 of you headed for Central Park for sun, fun and a good, Newham

knees-up, and we've got four pages of photos to prove it. Also in this issue are our unmissable recycling feature and Your Space, the new page for young people, by young people.

Anita

**On the cover:** Float like a butterfly: a carnival queen at the Mayor's Newham Show



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Look out for the next issue from 9 August

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Published by the London Borough of Newham

# IN BRIEF //

## Footbridge closure

Four new DLR stations are planned in Newham: Stratford International, Stratford High Street, Abbey Road and Star Lane. In order to carry out necessary works, on Monday 28 July from 9am, the Star Lane footbridge will close for preparation of its removal on the 2/3 August.

For further information please call 0208 522 6176 or 0208 522 6176 or visit the Transport for London website: [dlr.co.uk](http://dlr.co.uk)

## Newham parks awarded Green Flags

Three council-run parks have received the Green Flag award, a national scheme which recognises quality green spaces. Central Park in East Ham got the award for the fourth year running, Stratford Park received its fifth award and Forest Lane Park in Forest Gate its ninth. The parks are judged to be welcoming and well maintained with the support and involvement of the local community. There will be celebratory green flag raising events across the borough shortly.

## Council committee meetings

The following meetings all take place at Newham Town Hall, East Ham unless otherwise specified:

### Newham Partnership – Employment and Enterprise Local Action Partnership Board:

Tuesday 29 July at 3.30 pm

### Development Control Committee:

Wednesday 30 July at 2pm, Old Town Hall Stratford

### Newham Partnership – Building an Active and Inclusive Community – Local Action Partnership Board:

Wednesday 30 July at 4pm

### Mayoral Proceedings:

Thursday 31 July at 10am

Meetings are subject to cancellation. Details of meetings, agendas and minutes are available on [www.newham.gov.uk](http://www.newham.gov.uk)



## Council offers free dog identity microchipping

The council's animal welfare team, in conjunction with the parks constabulary and anti-social behaviour police team, will be offering free dog microchipping.

The sessions are on Saturday 30 August from 11am to 1pm at Little Ilford Park Church Road, Manor Park, or from 2 to 5pm at Plashet Park, Plashet Grove, Forest Gate.

Councillor Andrew Baikie, executive member for public protection, said: "Microchipping helps owners be reunited with their dogs, should they go missing. It also makes it easier to settle legal ownership of dogs in the event of a dispute.

"We are one of very few boroughs that provides this free service. I encourage dog owners to take up this offer."

To contact the animal welfare service, telephone 020 8586 9739.

## Athletes visit Newham for street athletics heats



Cllr Corbett, Linford Christie and Darren Campbell judge the heats

Olympic Gold medallists Linford Christie and Darren Campbell visited Central Park, East Ham, for the Newham heat of the street athletics competition.

Executive member for culture, Councillor Jo Corbett, cheered the children and young people on as they sprinted 60 metres to gain a place in the

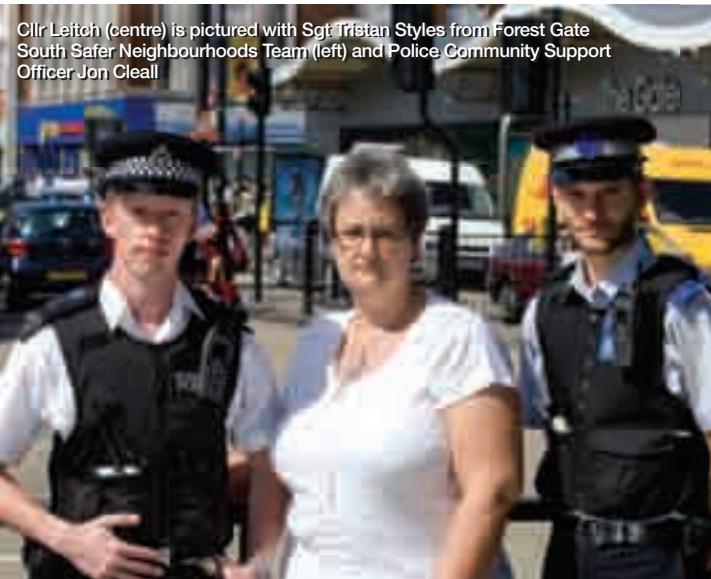
London and national finals in September.

The winner and the runner-up in each age category at the grand final will receive a year's sponsorship from Reebok and ongoing mentoring from Linford and Darren.

For more information visit [www.streetathletics.co.uk](http://www.streetathletics.co.uk)

# News

## New no-go zone for criminals in Forest Gate



Cllr Leitch (centre) is pictured with Sgt Tristan Styles from Forest Gate South Safer Neighbourhoods Team (left) and Police Community Support Officer Jon Cleall

The council has joined forces with Newham Police to make part of Forest Gate a no-go zone for groups of troublemakers who have been making life a misery for residents and businesses. The move follows complaints about large groups of youths congregating in the area, drinking in the street and generally behaving badly.

A dispersal notice has been introduced in the immediate area surrounding the junction of Woodgrange Road, Romford Road and Upton Lane as far as Wanstead Park Station to the north and just after Grosvenor Road to the south. It will run until 31 December.

Anyone who refuses or breaches the notice can be arrested. It is punishable on conviction of a custodial sentence of up to three months and/or a fine of up to £2,500.

Executive member for crime and anti-social behaviour, Councillor June Leitch, said: "We are sending a message to those groups who are causing such anti-social behaviour that they cannot get away with making other people's lives a misery."

## >>> Council pioneers police scheme

The council has become the first borough in London to buy Metropolitan Police officers to help step up its campaign against crime and anti-social behaviour. A deal has been agreed under the Police Act 1996 to purchase the services of ten officers for a two-year period at an annual cost of £375,000.

The officers will be part of the council's crime and anti-social behaviour service, but will remain under the operational control of the police borough commander. Their day-to-day work will, however, be determined by the council as they work alongside council teams such as noise control, environmental protection and parks constables.

Mayor Sir Robin Wales said: "This is a bold and exciting step for the borough. Crime and anti-social behaviour are people's top concerns and we want to tackle the widest range of problems that residents tell us they want dealt with.

"With the addition of the police constables, our crime and ASB service will be well placed to tackle those individuals whose behaviour impacts on the wider community."

Councillor June Leitch, executive member for crime and anti-social behaviour, said: "By combining the powers of the police and the council we can tackle a wider range of problems. Working together will present challenges but we believe it is the most effective way to tackle crime and poor behaviour."



## NEWS // IN PICTURES

Blown away: musical talent on Jazz night at the Arts festival.



## NEWS // IN PICTURES

**1** Reaching new heights at London City Airport Fun Day. **2** Roll up for the circus at the Airport. **3** Superheroes and supervillains at East Ham Community Forum health event. **4** Art by Newham's schoolchildren wows the critics.



## Credit where it's due

Turn on the TV and you'd be forgiven for feeling glum; the credit crunch is all over the news. We are all feeling the pinch caused by international influences, with food and fuel prices on the rise. Everything suggests that we are heading for difficult times, but we in the council are continuing the hard work we had already put in place to fight the effects of any economic downturn. I know that this is a worrying time for many of us, but we are doing all we can to relieve the pressure on our residents. I feel confident that, as a borough, we will sail through the storm.

We have the lowest council tax in outer London and I am committed to keeping it that way; so much so that I will not raise our portion of the tax for the next three years. I will also continue to campaign for Newham to be recognised as an inner London borough, so that we receive the greater settlement from Government that we deserve, which would fund more of the excellent services that our residents can take advantage of now.

It's still full steam ahead for the London 2012 Olympic Games and Paralympic Games too, which means that the jobs coming from their construction and delivery won't be affected by any downturn. While reports say that unemployment is rising, Workplace, our employment scheme, has helped 830 local people into work in just over a year. The same positive outlook extends to our big regeneration projects, so residents can feel secure that this borough will continue to grow in spite of any external events.



Memorial Park in West Ham is set to become the next jewel in Newham's sports facilities crown, after the Football Foundation presented me with a cheque for almost £1 million towards the development.

The £2.8m football and rugby facility, which is due to open next spring, will boast a floodlit pitch, new changing pavilions and improvements to the existing grass pitches. Local clubs, schools and colleges can use the pitch, but it will also be for hire on a casual basis, ensuring that all of us can benefit from what will be a showcase sports venue for Newham.

The Memorial Park sports facility is just one part of a borough-wide programme of cultural and leisure investment. For me, accessibility to sport is paramount and a new facility like this will make cutting edge sports and fitness activities accessible to all.

## Planning for you

At a meeting last week I signed our Local Area Agreement (LAA), which is an agreement between the council, key partners (including the police, NHS and the private and voluntary sector) and Government, agreeing a set of targets over the next three years. We agreed early on that we would not be afraid to set challenging targets, provided that they were achievable, because this is what the people of Newham deserve. The agreement may have just been signed but we have already started work on turning these targets into reality.

There are 35 key targets that we are committed to achieving; they range from tackling worklessness and a cleaner environment to reduced anti-social

behaviour and a thriving local economy. We have set ourselves targets around the things you care about most, like children and young people, health and wellbeing, safer streets, an active and inclusive community, business growth and jobs and sustainable communities. The council is measured year on year against these targets, and we must answer to Government and I must answer to you if we don't meet them. Everything that we do relates back to our targets. The LAA is a really important way for us to measure our success and for you to hold us to account; why not have a look for yourself? You can view the document by visiting: [www.newham.gov.uk](http://www.newham.gov.uk) and following the links.

Being one of the few elected Mayors, I am directly accountable to you. It's important that I'm open and accessible for any Newham resident. To find out more visit my website at [www.newham.gov.uk/mayor](http://www.newham.gov.uk/mayor) or call 020 8430 2107 to find out where I'll be.

# Mayor's view

# Showing what we're made of



Sports Zone competitors



The Mag team introduce In Focus to Deputy Mayor Councillor Bowden and Sir Robin



Splash of colour - one of the groups in the carnival

Newham is getting a reputation – as an excellent host! Central Park came alive for its annual weekend of family fun, and I'm so pleased that everyone could witness what kind of party we can put on, particularly in the run-up to the handover of the Olympic Games from Beijing this summer. The Newham Show – celebrating the best of the borough and its residents – goes from strength to strength and this year has been no exception, with 55,000 there over the weekend; a leap in crowd numbers of more than 5,000 on last year's show. I'm sure that this was in part down to the sterling efforts of local businesses, who helped to promote the show with posters and flyers – I must extend my thanks and gratitude to them.

As well as the bright colours of the carnival, extensive sports zone

and inspiring young musical and fashion talent on stage, this year we also had an important message about people making a difference to their environment. An art installation made from discarded household items and an impressive display of home grown plants from our allotment societies sat alongside the Green Roadshow, which offered all kinds of advice about getting greener – but there was no lecturing or doom and gloom, just a hands-on, fun look at how we can all make a difference.

I thoroughly enjoyed being able to meet so many of you over the two days. We are already looking forward to hosting next year's event! If you didn't make it to Central Park don't miss out on Under the Stars in August.

## Heading for sunset on the Sunborn

The Sunborn Yacht Hotel on the Royal Docks provided the setting for our annual celebration of head teachers in Newham. This is one of my favourite events of the year; it gives me an opportunity to publicly express my appreciation to our ambassadors of education. Being a head is not just about managing staff; heads work tirelessly, raising the profile of their schools and kindling ambition and a passion for learning in our young people. Often, they don't get the recognition they deserve and that's why I enjoy taking this opportunity to laud their hard work.



(l-r) June Thomas, Neil Berry, Chief Executive of Newham Joe Duckworth, Mayor Sir Robin Wales, Lynne Wells, Councillor Quintin Peppiatt, Gillian Gordon, Director of Children and Young People Kim Bromley-Derry and Ian Morton.

I also said a fond farewell to head teachers who are retiring or leaving Newham to take up new roles.

Departing head teachers this school year were: Gill Gordon from William Davies School, June Thomas from Avenue School, Ian Morton from Brampton Primary, Pat O'Donnell from Park School, Neil Berry from Brampton Manor School and Lyn Wells from Winsor School. Between them, these head teachers have

given Newham an incredible 149 years of service. I am sure that you will all join me in wishing them the bright future that they have afforded to so many of our young people.

# with Sir Robin Wales

# SHOW-STOPPING

**This year's Mayor's Newham Show was a free feast for the senses, with glorious costumes, family fun and stunning sports action – all with a green twist.**

Excitement built throughout June as the park underwent a transformation, and no one could have missed the posters and flyers decorating the borough in the run-up to the weekend. There were a whopping 55,000 visitors to the park – 5,000 more than last year. But there were still plenty of activities,

refreshments and room for everyone.

As well as the legendary carnival procession and main stage, boasting live performances from our talented residents, there was a Green Roadshow on hand to advise on recycling, growing your own, saving energy at home and using cotton bags instead of plastic. Performances on stage were as diverse as the borough itself, ranging from dhol drummers to Albanian dance. Cabaret acts from the Brick Lane Music Hall and Bassline Circus lined up to entertain

festival-goers as they sampled food and drink from around the world, and children defied the energy-saving message of the show by burning tons of it in the bouncy castle and children's zone!

A great weekend was had by everyone, but if you weren't one of the hordes who flocked to East Ham's Central Park, don't despair. The Newham Mag brings you the weekend in pictures here. And if you were one of the 55,000, why not have a look and see if you can spot yourself?!



**Dancing in the streets: the carnival comes to town**





(Clockwise from top left) Rio eat your heart out – carnival queens sizzle in the streets; Fancy footwork in the Sports Zone; Original artwork from Newham's youngest green ambassador; A Mayor in the making?



(Clockwise from top left) Paris, Milan, East Ham: Future Newham's fashion show rocks the audience; The anti-plastic fantastic We Are What We Do choir deliver the recycling message in style; Positive mental attitude – 2012 calls and Newham's youngsters come running; Fee Fi Fo Fum! East Ham Allotment Society tend to their mini-garden.

(From top to bottom) Crowds brave the English summer to keep their spots by the stage; Modern art is rubbish – building a beautiful sculpture from recyclable products; Bringing down the roof in the cabaret tent; Long live the King – Elvis puts in a surprise appearance, thanks to impersonator Sal Bashir.



**DON'T MISS...** Under the Stars – an amazing line-up has been announced for this year's music event in Central Park, East Ham on Thursday 28-Sunday 31 August.

**On 12 October Lithuania will be holding its parliamentary elections. For the first time ever, Lithuanians living in the UK are able to participate in the elections, thanks to an agreement between Newham and the Lithuanian Embassy.**

As any Newham Mag reader knows, the borough welcomes its communities from across the globe. London's largest Lithuanian community has made Newham its home from home – a fact which has not escaped the attention of its Embassy. So the council has agreed to host a polling station for its October parliamentary elections in the

Old Town Hall, Stratford. Lithuanian residents wishing to participate in the elections should go to the embassy's website: [www.lithuanianembassy.co.uk](http://www.lithuanianembassy.co.uk). There you will find the form that you need to register – return this by email to [rinkimai@lithuanianembassy.co.uk](mailto:rinkimai@lithuanianembassy.co.uk) or fax to 020 7486 6403. In order to send you a ballot paper the embassy needs your correct address. You can write on the registration form whether you wish to vote via post or come to the Old Town Hall, Stratford.

**And please remember to let your Lithuanian neighbours and friends know about the election!**

**Lietuvos Respublikos ambasada JK informuoja, kad š.m. spalio 12 d. įvyks rinkimai į LR Seimą ir Jūs turite galimybę pareikšti savo vallą. Balsavimas – puiki proga nusiųsti aiškų signalą namo, kokia turėtų būti Lietuva. Daugiau informacijos apie rinkimus rasite ambasados interneto puslapyje.**

**Kviečiame patikslinti jūsų duomenis, kad galėtume jums atsiųsti balsavimo biuletenį ir įrašyti jus į rinkėjų sąrašus. Prašytume atsiųsti užpildytą ankétą, kurią galite rasti ambasados internetiniame puslapyje [www.lithuanianembassy.co.uk](http://www.lithuanianembassy.co.uk) ir atsiųsti mums [rinkimai@lithuanianembassy.co.uk](mailto:rinkimai@lithuanianembassy.co.uk) arba faksu (+44 20) 7486-6403, kurioje pažymėsite, kaip norėtumėte balsuoti: paštu ar atvykė į vieną iš balsavimo punktų (Ambasadoje, Stratford'e, Beckton'e, Šv. Kazimiero bažnyčioje).**

**Malonai prašome apie galimybę balsuoti pranešti Jūsų pažiūstamieems ir draugams, gyvenantiems JK, kurie turėtų atsiųsti mums užpildytą ankétą.**

# A Baltic ballot

## Lithuanian elections come to Stratford



# BONNY DOWNS summer splash

28th Jul - 15th Aug 2008

Bonny Downs Community Association are running their very popular holiday scheme (formally known as Flanders play scheme) for children aged 8-14 years.

**Venue:** Vicarage Primary School, Entrance opposite postal sorting office in Vicarage Lane, East Ham E6 6AD

**Cost:** £4 per child per day or £14 per week (Mon - Thur)

**Dance** ★  
**Sports** ★  
**Games** ★  
**Arts & Crafts** ★  
**Friday Trips** ★

For booking and registration queries, please call **Angie or Sarah** on **0208 586 6868** For enquiries about the Holiday Scheme please contact the organiser **Jeff** on **07709 758 661**



BDCA Charity No. 1071625 | [www.bonnydowns.org](http://www.bonnydowns.org)

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\*Applicants must be in receipt of JSA or income support and live in Newham, Hackney or Tower Hamlets.

## the newham mag we've got the whole borough covered

To advertise here call Julie Brown on **07890 529 090** or email [julie.brown@newham.gov.uk](mailto:julie.brown@newham.gov.uk)





**Thousands of you are regularly recycling using the orange bag scheme and the many recycling banks we have in the borough. Recycling is one of the small steps that we can all take to help protect and improve our environment.**

Although the amount we are recycling is increasing some residents are still putting the wrong items in the orange bags. We give you a handy guide to what should and shouldn't go in the bag.

#### **What can I recycle?**

You can recycle paper, magazines, junk mail, thin card such as cereal boxes, plastic bottles, tin cans and drink cans in your orange bag. You should rinse any bottles, cans or tins before putting them into your orange bag to prevent food waste contaminating the items.

#### **Remember – fill it right, tie it tight.**

All your efforts will be wasted if you don't securely tie your orange bag. As both black and orange bags are collected and deposited in the same refuse vehicle. If you don't properly tie up your bag the rubbish will get mixed up with your recyclables and will end up in landfill.

#### **What can't I recycle?**

Not all paper and plastic can be recycled in your orange bag. **You cannot recycle cardboard, thick card, some milk cartons or juice cartons, aerosols, paint cans,**

**margarine tubs, yoghurt pots, plastic meat trays or glass.** Placing these items in your orange bag will contaminate your recyclables but you can dispose of these in your wheelie bin, as you would with anything that cannot be recycled – some items can be recycled at Jenkins Lane Reuse and Recycle Centre in Beckton or at a recycling bank. Visit [www.newham.gov.uk](http://www.newham.gov.uk) for more information.

#### **Is there anywhere else I can recycle?**

Items such as glass, textiles and thick card can be taken to one of the many recycling banks located around the

borough or the Jenkins Lane Reuse and Recycling Centre. Call 0208 430 2000 to find out where your nearest recycling bank is located.

#### **What about green garden waste?**

If you have green garden waste such as grass, leaves, twigs, flowers, weeds and garden prunings you can book a garden waste collection by calling Newham Council on 020 8430 2000.

#### **Did you know?**

The council now collects your orange and black bags together. Find out how the process works in the next edition of the Newham Mag.

**Jenkins Lane Reuse and Recycling Centre (RRC) is open to all residents to dispose their recyclables and household waste. But some people are abusing the service and dumping building and trade waste at the site, which is illegal.**

The council is clamping down on van drivers who dump illegal waste and will be restricting access for these vehicles.

If you bring a van on site your vehicle registration and address details may be requested by a member of staff. If you visit the

RRC again you will need to contact the council, who will investigate the details provided and decide if permission will be granted. If permission is granted you will be given a letter from the council that outlines the conditions for disposing of the waste; this will be subject to time constraints.





Newham

# ...give your rubbish a new lease of life



## Paper

### Yes please ✓

Newspaper and magazines  
Brochures and leaflets  
White telephone directories  
Junk mail  
Any white paper  
Envelopes  
Thin card (cereal boxes)

### No thanks ✗

Thick card  
Cardboard  
Yellow pages  
Milk or juice cartons  
*Placing these in your orange bag will contaminate your recyclables*



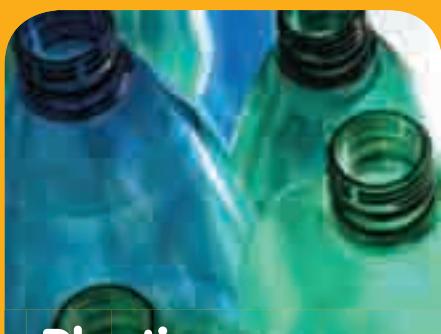
## Metal

### Yes please ✓

Drink tins and cans  
Food tins and cans  
Metal lids

### No thanks ✗

Aerosols and paint tins  
Glass  
All other metals  
*Placing these in your orange bag will contaminate your recyclables*



## Plastic

### Yes please ✓

Plastic squash bottles  
Fizzy drink and water bottles  
Plastic detergent and shampoo bottles  
Plastic milk bottles

### No thanks ✗

Margarine tubs  
Yoghurt pots and lids  
Cling film  
Plastic meat trays  
Polystyrene  
*Placing these in your orange bag will contaminate your recyclables*

Feed your  
orange bag



# Event full Newham

**It's official. We're banishing boredom and we need your help!**

Newham has some of the best sports, leisure, health and employment opportunities around and we want you to know about them. To make it easier for everyone to get involved the council launched a new events calendar at the Mayor's Newham Show, where you can access everything Newham has to offer at the touch of a button.

Whatever your age or background there is something for you. Whether you're interested in meetings, events or activities you'll find it online at [www.newham.gov.uk/whatson](http://www.newham.gov.uk/whatson). As Jim Kenworth, co-ordinator of the calendar, says: "It's a Newham version of Time Out magazine!"

The events calendar offers drama workshops, computer training, games

clubs, reading groups, and football and rugby camps and a lot more.

Tell us what you like and we'll keep you informed either by text, electronic alerts or e-newsletter.

At the moment you can access more than 6,000 listings on the calendar and they are growing daily. Not only do we list everything the council and our partners have to offer, we invite residents and voluntary organisations to upload their events onto this one-stop trove of interesting events and entertainment, and what's best is that it is all absolutely free! If you have something that you think would interest others, go online, register and add your own event, or be nosy and take a look at what's on offer.

**Here are just some of the highlights you can expect to find when you log on:**

- > After school club at Hoskins Community Centre, E16
- > Aerobics at Field Community Centre, E7
- > Bollywood dance at Flanders Community Centre, E6
- > Chair-based exercise for people aged 50 and over, Chatsworth Community Resource Centre, E15
- > Early Start story telling, Hathaway Community Centre, E12.

**For more information get clicking:**  
**[www.newham.gov.uk/whatson](http://www.newham.gov.uk/whatson) or**  
**email [jim.kenworth@newham.gov.uk](mailto:jim.kenworth@newham.gov.uk)**

# Fostering

*Change a child's future*



Call Newham Fostering and Adoption Service  
on 0800 0130 393 to find out more.

[www.newham.gov.uk/fostering](http://www.newham.gov.uk/fostering)



# Life after 2012: your views

Ubhi Singh:  
"I'd like  
there to be  
more jobs"

Kathleen Childs, Jackie Fell  
and Deb Corral: "We want  
more dog bins and better  
access to sports facilities"

Vera Deal and Jodie  
Kitson: "We'd like  
more facilities  
for swimming  
and athletics  
for disabled people"

A Newham Volunteer  
canvases opinion



Legacy is a grand word, conjuring up images of important people making their mark on the world – it's all about having an impact. So when we consult residents on the legacy for the London 2012 Olympic Games and Paralympic Games, we are asking you, the stakeholders (otherwise known as the important people), what kind of impact you want the Games to make.

And it seems that many of you have something to say about it – at the Mayor's Newham Show we and the London Development Agency (LDA) collected your opinions and the results will feed in to the LDA's master plan for life after 2012. In the Future Newham tent we met hundreds of you, and each and every one of you had an opinion! The vast majority put a lot of importance on seeing the excellent sports facilities that the Games are bringing to Newham maintained and kept for local people, adding enthusiastic comments such as: "A stadium for community use! No short-termism! Think of Newham!" and the more simple but direct: "Better sports facilities". Also high on your list of priorities were activities for children, housing and parks, with suggestions for cleaner parks and housing for low-income families. Subjects such as these struck a chord with many of you, but there were also some brilliant one-off ideas, like: "Use water for canal type trips" and "Al fresco eating and drinking venues." The consultation will look for common themes as well as original ideas.

While we collected your general responses, the LDA asked you for more detail with their Legacy Now roadshow, which has been touring the host boroughs since June. Now we and the LDA are putting all the responses together to see what kind of picture emerges.

Even if you missed out on the legacy consultation at the Newham Show, there's still time to have your say. Visit [www.legacy-now.co.uk](http://www.legacy-now.co.uk) to find out where the LDA will be taking their roadshow over the next few months, phone with your comments on 020 7593 9000, email: [legacynow@lda.gov.uk](mailto:legacynow@lda.gov.uk), or get in touch with your ward councillor. Find out who your local councillor is by visiting [www.newham.gov.uk](http://www.newham.gov.uk) and clicking on Find a councillor or call 020 8430 2000.

**Matthew Downer:**  
"I want regeneration  
to continue; it's  
going to be amazing"



## ++ NEWS ON THE GAMES ++

### Setting the pace for the Cultural Olympiad

The Cultural Olympiad is launching this summer and promises four years of arts events in the five host boroughs, promoting the Games and our local areas in the run-up to 2012. Activities this summer will include the People's Record, a community archive project that will record the lives of people living in the host boroughs over the next four years, providing a contemporary snapshot of life here that will be preserved for years to come. Eastside Community Heritage will be at Stratford Local Studies Archive from 13 September-26 September taking your views on the Olympics. If you want to become a little part of history put the date in your diary! For more information on the Cultural Olympiad, visit [www.london2012.com](http://www.london2012.com) and click on the Culture section.

### Newham cleans up at the Balfour Beatty Youth Games

The Youth Games showed that Newham young people have a lot to offer when it comes to sport. The teams and competitors that returned sporting medals were: Newham Swords Fencing Team; Newham District Football Team; Newham Schools Disability Football Team; London Lynx Girls Volleyball Team; Youngblood's Boys Basketball Team; Gainsborough School Indoor Athletics Team; Disability Swimming – Tom Brown; Karate – Kieron Booth and Chloe Walker and Kayak – Sydney Storey. Congratulations to all of our young people who took part.



This year's Youth Games champions

First Fruit Warehousing collects used furniture and sells it on, creating jobs and revenue to help some of Newham's most disadvantaged people. Christina Baby, finance manager, joined the charity when it was in its infancy, ten years ago. Passionate and focused, she has been instrumental in setting up the social enterprises that help First Fruit achieve its goal of breaking the vicious circle of "no home, no job". Christina explains: "We thought that the best thing we could do to help was offer on-the-job training. And we had three criteria: is what we're doing environmentally friendly, is it going to make money for us and how much support can we build into the business?" First Fruit has to make a profit to fund this

crucial support for its clients.

Coming from a childhood in India to live in Newham, armed with her social entrepreneur father's ideals, Christina had never even seen a warehouse before but threw herself into the job – and First Fruit warehousing was born. The clients work and train there, collecting used furniture, selling on good quality equipment at knock-down prices and recycling the rest. Accredited training is offered with the help of partner agencies, and includes subjects like forklift training or NVQs in warehousing or sales. And the emphasis is on translating training into real employment; nine ex-First Fruit workers now work at nearby Newco – just one example among many.

Thanks to donations from local businesses, First Fruit warehousing now collects on average 600 tonnes of furniture per month. The warehouse is like an Aladdin's cave, with classic office furniture, retro pieces that would be snapped up in specialist shops at ten times the price and three-piece suites that look as though they've come straight from the reception of a stylish ad agency – and they may well have been!

But what gets Christina up in the morning is what goes on behind the scenes. She explains: "First Fruit is about giving people a second chance, and a real chance to acquire a work skill. A lot of people just need stability in their lives. Or someone to inspire them – at First Fruit

# Fruits of labour

The Docks once welcomed all kinds of treasures, with ships arriving daily laden with sugar, spice and exotic curiosities. Nowadays the import trade has slowed to a trickle and dockside riches take the form of modern architecture, pleasure boats and green spaces – but search and you can still uncover a unique gem or two. And one such gem is charity First Fruit's warehouse in Silvertown.



**“First Fruit is about giving people a second chance, and believing that they can do something for themselves”**

this is what we're committed to.”

To prepare clients for their departure from the project, their support needs are covered from every angle; while clients' welfare is something that every member of staff takes responsibility for, a designated support officer deals specifically with issues such as probation

requirements, anger management or money management needs.

But Christina stresses that the clients are not spoon-fed: “It's not babysitting. They have to work hard, but there's support; if someone has a habit of not turning up on time, for example, then we phone them every day. But there's no dependency on us. This is a place to move on from. But the beauty of First Fruit is that no client is thrown into something when he or she's not ready.”

Just like the rest of the small and hard-working team, finance manager Christina is keeping many balls in the air to make it all possible: “I have to monitor the finances every single day. It's week to week survival.” And

she is realistic about the scale of the project: “We need the local community to make this work. We can't do it alone.”

So, if you are planning a home or office makeover, why not pay the First Fruit warehouse a visit? Get rid of your furniture or bag yourself some bargains, and help vulnerable people in Newham get a fresh start.

The First Fruit warehouse is at Unit 14, Kierbeck Business Complex, North Woolwich Road, E16 2BG. Phone **020 7476 4555** or **020 7476 4888** for more information.



**Find out how to get healthier at the touch of a button at one of three kiosks making their way around the borough.**

The futuristic Wellpoint kiosks are interactive and use touch screen technology. They offer free testing for personal health information including height, weight, BMI (Body Mass Index), body fat percentage, heart rate and blood pressure. You'll also find out whether or not your health measurements are within the target range for people of the same age and gender.

Local and national health information is also provided, linking in with organisations such as the British Heart Foundation, so you can find out more about how to look after your health as

well as where to go for help and health advice, if needed.

The kiosks were successfully launched at the Mayor's Newham Show and proved very popular with hundreds of show goers who queued to sample the latest technology.

The kiosks have been introduced as part of a two year research project called the Newham Whole System Demonstrator, which aims to see if technology can help people improve their health and wellbeing.

The three kiosks will be travelling around the borough's community centres. Trained staff will be on hand to help you use the kiosks, if needed, but you can also just hop on and start using them yourself.

**Get yourself checked**

The kiosks will be situated in the following community centres:

**Beckton:** East Ham Manor Way, E6. Open from Monday-Sunday 8am-8.30pm

**Katherine Road:** Katherine Road, Forest Gate, E7. Open Monday- Friday 9am-5pm

**Upton:** Claude Road Plaistow E13. Open Monday-Friday 8.30am-6.30pm, Saturdays 8.30am-9.30pm, Sundays 8.30am-12.30pm

To check for new kiosk locations visit:

[www.newhampct.nhs.uk](http://www.newhampct.nhs.uk)



# Booth your health



# Problems down **below?**

## **Sexual Health Week, 4-10 August, is a good time to focus**

### **on the wellbeing of your most intimate areas.**

Sexual health is important for everyone, however many of us would rather ignore any problems and hope they go away on their own – which of course they don't. And, as some infections produce no symptoms, it is important to have regular sexual health check-ups.

There are three sexual health clinics in Newham, which provide:

- > Free and confidential services
- > Information, advice and support
- > Diagnosis and treatment of sexually transmitted infections, including HIV

You don't need to be referred by a GP to use these clinics.

## **What is involved in a sexual health screen?**

Don't worry – staff at the sexual health centres have seen everything before. They can give you quick and painless

tests for common infections, and the results are usually ready within two weeks – some are available while you wait. Many infections can be provisionally diagnosed and treated on the same day.

### **Sexual health examinations**

All clinics have a policy that any woman being examined by a male doctor or nurse is accompanied by a female member of staff. However, all patients, male or female, can ask for another member of staff to be present during examination.

### **Confidentiality**

All information held about you on our records is treated in the strictest confidence.

### **Clinic information**

The clinics work on a first come first served basis and no appointments can be made over the telephone – just check out opening times and turn up.

## **Where can you go to get a check?**

**The Greenway Centre** is the main sexual health centre in Newham. Newham University Hospital NHS Trust Glen Road, Plaistow, London E13 8SL  
Monday 9am-4pm  
Tuesday 9am-5pm  
Wednesday 1-3.30pm  
Thursday 1.30-6.30pm  
Friday 9am-2pm

**The Applegreen Clinic**  
Appleby Centre, Appleby Road, Canning Town, London E16 1LQ  
Young Persons Sexual Health Clinic @ Applegreen (for age under 24 only)  
Monday 4.30-6.30pm

**Positive East Stratford Centre:**  
Stratford Advice Arcade, Unit 13  
107-109 The Grove, London E15 0HP  
Telephone: 020 7791 2855  
Walk-in and Wait:  
Monday to Friday:  
10am-1pm and 2.30-4.30pm



# MATHS MATTERS

**Math is a tricky subject; you either love it or loathe it. But anguish and frustration can come from a lack of understanding. The Newham Community Education and Youth Service (NewCEYS) are helping early years providers conquer the maths maze and help incorporate it into their daily delivery of learning.**

To fully understand a tricky subject like maths you have to go back to grassroots and that is exactly what the NewCEYS team are helping teachers do. Early years providers and teachers have been invited to brush up on their knowledge of numbers so that they can incorporate maths into the everyday learning they deliver in classroom and nurseries.

For many participants the learning has been rewarding and has boosted

their confidence with numbers. Using basic activities, like making shapes using play dough or counting using a number line, they are able to take ideas back to the classroom and help children more effectively.

Childcare providers are tested to determine their current level of knowledge and then undergo self assessment to see how the two results compare.

Childcare teacher Shabnam Pandor has been on the course and found it very useful. She said: "Even though we all include maths in our teaching already, this course has highlighted how we can make it part of all subjects. It's increased our confidence too, so that now we know we're doing the right thing."

Newham was the only London borough to receive money from the

National Centre for Excellence in Teaching Mathematics (NCETM) to help teachers improve their professional development. A report looking at the impact of these courses will be presented to the NCETM later this year.

Newham Council offer lots of short courses with twice yearly enrolment in April and September. Further information can be found on the NewCEYS pages of [www.newham.gov.uk](http://www.newham.gov.uk) or keep your eyes peeled in the Newham Mag.

The maths courses are free for anyone who provides childcare in Newham. You can brush up on your existing skills or work towards a City & Guilds Level one or two (level two is equivalent to a GCSE maths grade) qualification. For more information on how you can sign up to a maths course call: 0208 430 4031.

# NEWHAM SERVICES FORUM

TO ADVERTISE IN THE NEWHAM SERVICES FORUM PLEASE CONTACT JULIE BROWN ON 07890 529 090

## Calling Ambitious People

in Newham, Redbridge,  
Barking & Dagenham

- Would you like to gain an international leadership qualification?
- Do you live or work in Newham or neighbouring boroughs?
- Do you work/volunteer in an organisation that assists African people?

Here is your chance to gain the International Leadership Management (ILM) in Team Leading.

We have limited fully funded places so hurry book your place on the course now!

To book a place, please contact: Naseem Rattani

tel: 020 7474 3176 fax: 020 7474 3356  
e-mail: [naseem.rattani@bemccf.org.uk](mailto:naseem.rattani@bemccf.org.uk)

*Remember: Only a few places are fully funded*

Or access information on: [www.bemccf.org.uk](http://www.bemccf.org.uk)

**Black and Ethnic Minority Community Care Forum**

## Training & Conference Facilities:



Newham's Professional Development Centre to hire for meetings, training, seminars & events.\*

- 15 rooms for groups of 6 – 150
- most with wheelchair access
- £60 to £192 per day
- with multimedia projector, video, flipchart
- off-street parking for 120 cars
- Café – meals, snacks & refreshments
- Media Services – one-stop print shop.

\*Not available for party hire.

**CREDON**  **CENTRE**

0208 430 5943 [www.npd.newham.gov.uk](http://www.npd.newham.gov.uk)

## Stratford City Public Art Commission

Situated adjacent to the site of the London 2012 Olympic and Paralympic Games, Stratford City is the largest retail-led, mixed-use urban regeneration project ever undertaken in the United Kingdom. As developer of Stratford City, Westfield Shoppingtowns Limited is commissioning artworks to contribute to the development's public art programme.

The 'Story of Change' project will document the progress of the development over the next three years, from a building site to the completed retail centre. Coordinated and managed by Creative Partnerships, the artist selected to develop this commission will work with two local schools. The artist will research not only the development, but consider how these changes will affect the students and their families. The artwork will reflect the best of contemporary art practice.

**'Story of Change' should consider the history, local community and future of the area as its inspiration.**

**Total budget £30,000**

For full brief and submission requirements contact: Kate Ward.  
email: [kate.ward@westfield-uk.com](mailto:kate.ward@westfield-uk.com) or call 020 7061 1863

Submission deadline: 22 August 2008.



**hmm**

Creative Partnerships

**Westfield**

[www.westfield.com/stratfordcity](http://www.westfield.com/stratfordcity)

*Summer offer due to popular demand*

## ETHNIC COMMUNICATIONS & DIVERSITY WORKSHOP BESPOKE (IN HOUSE) TRAINING

How to effectively reach and communicate with BAME (Black Asian Minority Ethnic) communities in the UK



### Aim of workshop

To help internal staff understand the challenges involved in engaging with the UK's diverse ethnic minority communities and assist them to meet these challenges.

### Key benefits

- Reveals the changing demographics of BAME communities in the UK
- How best to reach the diverse range of BAME communities
- Demonstrates the importance and benefits of ethnic communications and marketing
- Gives you free advice and tips to help you plan effective ethnic communication strategies

### Workshop topics

- Cultural sensitivities
- Cross communication
- Stereotypes
- Case studies
- Diversity issues
- Ethnic communications
- Mass marketing
- Insight to BAME communities
- Why BAMEs are hard to reach
- Demographics
- Community insights
- Useful information
- Ethnic media and marketing
- Did you know?
- Campaign messages
- Ethnic communication strategies (group work)
- Moving forward strategy



Trainer -  
Mavis Amankwah,  
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[www.richvisions.co.uk](http://www.richvisions.co.uk)

Company Registration no: 4454171

VAT Number: 867614195



# TURN OVER A NEW LEAF: JOIN THE GREEN GYM

**Tired of stuffy gyms filled with beautiful people running on treadmills to nowhere? Maybe you're worried about your carbon footprint and all the energy those machines consume? Not to mention the cost of membership at a time when everything else is getting more expensive?**

Newham's Green Gym could be the answer to your problems!

Deep in the wilds of the East Ham Nature Reserve, Newham's Green Gym (currently London's only one) is a unique scheme that's free to join. Members get fit in a green way, through activities like digging, pruning and mulching. Everyone works at their own pace and the team is close knit but friendly. There's plenty of conversation if you want it, but if you prefer peace and quiet there is a lot to go around too.

Uzmaa Butt has lost seven pounds in weight since joining, but this alone doesn't motivate her. She laughs: "Green Gym is brilliant if you like getting your hands dirty." Frances Ostroff has different reasons for coming: "It's like an extension of my garden here – I get proprietorial over it!" Frances joined after retiring. Says she: "Not working was boring. Green Gym keeps me young by getting me out of the house and I meet different people each time." Five years later, Frances keeps coming back – and others praise the gym too: Brian Reeve finds that the exercise helps his bad back; Deepa Joy loves the stress relief.

Mike Wilson is the man keeping the Green Gym going in Newham. Mike, an East Ham resident, gives up his time to organise the sessions, recruiting members and supplying the all-important tea and

biscuits at break time. Until now, Mike has run sessions on a Wednesday morning from 10am to 1pm. Recently he's made plans to expand: "Over the last 15 months, 80 to 90% of enquiries have been from people who have full-time jobs." So Mike has branched out to offer sessions on the first and third Saturday of every month, from 10am to 1pm. Membership is growing, why not give it a try?

**Contact Mike on 020 8471 4257 or email [mjw1@onetel.com](mailto:mjw1@onetel.com). Sessions are on a Wednesday and the first and third Saturday of each month; all are from 10am to 1pm.**

(l-r) Uzmaa Butt, Frances Ostroff, Deepa Joy, Brian Reeve, Mike Wilson and Kamaljit Thakur



CHOOSE FROM MORE THAN  
**5 MILLION**  
ITEMS EVERY DAY

NEWHAM'S  
LIBRARIES



# NEWHAM » IN FOCUS



## Tessa Sanderson Supports Office Games 08

Newham Sports Academy's Tessa Sanderson CBE has taken a break from the rigours of serious sport and thrown her support behind the UK's first Office Games competition. Office Games raises money for Richard House Children's Hospice, **BECKTON**, by pitting City professionals against each other in games such as Floppy Discus (flipping disks into bins), Post-it Note Fencing (sticking Post-its onto competitors) and Office Chair Time Trial Relay. Ms Sanderson said: "As a past Olympian, I believe in incorporating sport and leisure as an important part of our lives. Office Games 08 gives employees the chance to have fun whilst supporting the children within our community."

**To find out if you could take part in an Office Games event, visit [www.richardhouse.org.uk/officegames](http://www.richardhouse.org.uk/officegames), or email [events@richardhouse.org.uk](mailto:events@richardhouse.org.uk) or call 020 7540 0221.**

Participants show off their medals



## Bridging the Gap between our young people

Young people from the Gap project, run by **PLAISTOW**'s Zenjydar Community Association, recently benefited from a council Go For It Grant to help them get active and play a part in their community. Among other programmes the project runs, Come n' Join helps young people from the Swahili community in Newham to improve their football skills, play a part in their borough and develop friendships

with other young people in the borough. The youngsters recently took part in the Newham Inter-forum Football Challenge 2008 (pictured). The club welcomes any young person between the ages of seven and 17 – so if you want a friendly and fun way to get active that's completely free to join, call 020 8472 8620 from 2pm to 5:30pm, Mondays and Thursdays.

## Speech and hearing impaired children get on their bikes

Children's charity Kidscape wants to help speech or hearing impaired children and their families to discover the joys of getting about by bike. The Forest Gate-based organisation is offering a level one taster cycling course at Godwin Primary School in **FOREST GATE** throughout August and September.

Training sessions are on 2 August, 30 August and 27 September from 11am to 1pm; to book one of these call 020 8555 8802 between 10.30am and 5pm, Thursday and Friday or send a text to 07859 935 687 with your information. Communication support will be available at every session. You must be aged 5-13 and be hearing impaired/BigD to be qualified for this FREE course with your hearing family.



## Young people become sports leaders

Young people from across east London converged on Stratford Circus for the On your Marks Newham Sixth Form College awards ceremony, celebrating the success of young people in gaining jobs skills in the sports and construction sectors. Leyton Orient Community Sports Programme worked with young people from Newham to help them gain their Sport Leaders UK Community Sports Leaders Award (CSLA) Level 2, enabling them to volunteer within their

communities as sports leaders.

Leyton Orient Community Sports Programme is currently accepting applications for five positions of Trainee Development Coach. The paid placement is open to people aged 16-19 and will run from July to December. You will need to commit between five to ten hours per week during early evenings/ weekends. For information contact 020 8556 5973, email [enquiries@locsp.org](mailto:enquiries@locsp.org) or visit [www.locsp.org](http://www.locsp.org).

Ground-breaking **PLAISTOW**-based youth club, E13 Mix, part of the Newmartin Community Youth (NCY) Trust, has been honoured with an award for Best Contribution by a Community Group at the first Kids Count Inspiration Awards at the House of Commons. The TRUCE (Training to Recognise and Understand Cultural Equality) programme was singled out for its work with young people locally and across other boroughs on combatting youth violence. Robin Lockhart,

centre manager, has taken the course to schools and more unusual venues such as recording studios, to encourage young people not only to value their differences but also to take an interest in those differences. The course uses role play and discussions to help young people look at the groups they identify with, how positive these are, whether they can escape them and who their perceived enemies are. The club's work with young people continues to make strides after they won funding for a new magazine of their own; watch this space for more! For more information on the club call 020 7474 7639.



### It's all in the Mix

Robin Lockhart (third from left) with some of the E13 Mix young people.

## Theatre Royal Stratford schools theatrical talent

Pioneering arts venue Theatre Royal Stratford East has led a consortium of 14 partners to bring the first ever International Festival for Emerging Artists (IFEA) to Newham and East London. IFEA brought some of the world's finest young emerging artistes from

more than 20 countries together in a two-week festival this July. Participants came from all over the world, including the Netherlands, Ghana, Bangladesh, Turkey, Rwanda, Greece, South Africa, Malaysia, France and of course the United Kingdom. Participants joined in workshops and creative exercises and enjoyed a cross section of London's cultural scene. They will now take their experiences back to their home countries.

For more information on The International Festival for Emerging Artists please visit [www.ifea2008.com](http://www.ifea2008.com)



# Kids' Corner



PLEASE SEND YOUR DRAWINGS,  
JOKES AND POEMS TO:  
**KIDS' CORNER, ROOM 59,**  
**NEWHAM TOWN HALL,**  
**EAST HAM E6 2RP**

## Gallery



Nishath. 6



A Hamid. 8



Ibrahim Saeed. 5



k Preetiqa. 6

# Crossword

## Across

1. Cutting the grass, growing flowers and pruning trees (9)
6. Change the letters of LEE BAG to find a type of dog! (6)
9. Repeating sound (4)
10. World's highest mountain (7)
11. Magical creature in the film 'Aladdin' (5)
12. Nickname of Arsenal Football Club (7)
13. Gordon Brown replaced him as Prime Minister (4,5)
16. Room at the top of a house (5)
17. Superhero known as 'The Man Of Steel' (8)
20. South American mammal with soft, fleecy wool (5)
21. People type on this when using a computer (8)
24. Pupils may keep their notes in one (6)
25. Not closed (4)
26. Material used to make a kilt (6)

## Down

1. And 5 Down. It is 1500 miles long and stretches across China (5,4,2,5)
2. Famous horse-race which is held at Epsom (5)
3. Crying (2,5)
4. School subject which studies the earth and its features (9)
5. See 1 Down
7. Top playing-cards (4)
8. Night before Christmas (3)
11. Colour of grass (5)
14. Sport played by girls in school (7)
15. Re-arrange RUB CHEATS to find the capital of Romania! (9)
18. Ferdinand, the England footballer (3)
19. People wear one in the kitchen when cooking (5)
22. African country famous for its Pyramids (5)
23. Bread is usually either \_\_\_\_\_ or white (5)



# Poem

Love we should give,  
Love is life,  
Give it to family, pets, friends.  
That love should never end.

If somebody dies,  
Family, pets or friends,  
If you have love,  
They will always be with you.  
If you feel down,  
Friends have fallen out,  
If you have love,  
They are still your friend.

If you fall down,  
Hurt your knee,  
If you have love,  
Your knee feels better.

So that is love.  
So important.  
Try to find it,  
If you have none.

**Love by Emma Thomas, age 8.**  
**In memory of my dear cat Jessie,  
who has just recently died.**

# Answers

Across 1. Gardening 6. Beagle  
9. Echo 10. Everest 11. Genie  
12. Gunners 13. Tony Blair  
16. Attic 17. Superman 20.  
Llama 21. Keyboard 24. Folder  
25. Open 26. Tartan Down  
1. Great Wall Of 2. Derby 3. In  
Tears 4. Geography 5. China  
7. Aces 8. Eve 11. Green  
14. Netball 15. Bucharest  
18. Rio 19. Apron 22. Egypt

# YOUR SPACE

a place where you can read about what other young people in Newham know and love



What's great about where you live? What are the issues you want to voice and what advice can you share with others? If you're between 11 and 19-years-old we want to hear from you. Send your ideas for stories and news to us; our contact details are on page 3.

The Architecture Crew is a youth arts project about the regeneration of Newham, which is open to anyone aged 13 – 19 who lives or studies in the borough. It is run by Fundamental Architectural Inclusion, an Architecture Centre based in Stratford working to bring ordinary people into the processes of change in their own neighbourhoods. Give and Take was a regeneration awareness event organised by Fundamental as part of the Lift Festival in Stratford Park.

Arfah Farooq, 17, tells Your Space all about it.

"The Architecture Crew has been going for three years. I've been part of it for about two years now and I love every moment of it.

"Last year we made a promotional film to help recruit more young members as the old ones are, well, getting too old! It was a week-long project – I only made it for the last day but still got a huge part in the clip. To check it out visit this link: [www.architecturecrew.org/theInfo.projects.html#](http://www.architecturecrew.org/theInfo.projects.html#)

"I also volunteered at Fundamental's event at the Lift Festival in Stratford to facilitate a workshop to bridge the gap between the

young and old. We had students from Stratford School, people from a local church group and the elderly residents from Holden Point taking part in activities all about the regeneration of Newham. Young people are often negatively seen by the older generation and being able to get these different generations working together showed that to be successful all you really need to do is put them together and any prejudice they have about each other will be gone.

"Want to go on a walk around Newham? The Architecture Crew went on a regeneration tour and recorded a podcast with our views. Download the podcast we were involved in: <http://rubywright.wordpress.com/architecture-podwalks/>

"To sit here and write about all the projects I have been involved in thanks to the Architecture Crew would take me forever. They're all such different projects but very rewarding – so why not join?"

If you would like more information about joining the Architecture Crew please contact us on 07961 001513 or email [info@architecturecrew.org](mailto:info@architecturecrew.org) Alternatively, look out for the Crew's flyer in libraries and Connexions shops.

# WHAT'S ON?



26 JULY – 9 AUGUST

## ALL LIBRARY LISTINGS

### UNDER 5s GROUPS

All open to under fives with their parents/carers.

#### **Storytelling**

**Beckton Globe** Every Friday 10-11am

**Canning Town** Every Monday 10.30-11.30am

**Custom House** Every Tuesday 10.15-11.15am

**East Ham** Every Wednesday 2-3pm

**The Gate** Every Friday 11am-12noon

**Green Street** Every Thursday 10.30-11.30am

**Manor Park** Every Thursday 10.30-11.30am

**North Woolwich** Every Thursday 2-3pm

**Plaistow** Every Tuesday 11am-12noon

**Stratford** Every Tuesday 11am-12noon and every Friday 2-3pm

#### **Crafts Club**

**Manor Park** Every Tuesday 10.30-11.30am

**Crafts & Computer Club** Stratford Every Monday 10.30-11.30am

#### **Toy Library**

**Beckton Globe** Every Monday 10am-12noon and every Thursday 1-3pm

**East Ham** Every Tuesday

10am-12noon and every Thursday 10am-12noon

#### **Messy Play**

**Beckton** Tuesdays during school term 1.30-2.30pm

#### **Imaginative Play**

**East Ham** Every Friday 10.30-11.30am

### ADULT READING

#### **Adult Reading Group**

**East Ham** Monday 18 August 6.15-7.45pm

**The Gate** Tuesday 5 August 6.30-7.30pm

**Plaistow** Thursday 7 August 6.45-7.45pm

**Stratford** Monday 11 August 6.30-7.30pm

#### **Tamil Reading Group**

**East Ham** Wednesday 13 August 11am-1pm

#### **Women-Only Urdu Reading Group**

**The Gate** Tuesday 12 August 5.30-7.30pm

#### **Gujarati Reading Group**

**Green Street** Thursday 31 July 2pm-4pm

#### **Over 50s Reading Group**

**Beckton** Tuesday 5 August 9.45-11.45am

### OTHER GROUPS

#### **Over 50s Club**

**Beckton Globe** Every Tuesday 9.45-11.45am

### **Click-On**

**East Ham** Friday 8 August

10am-12noon and 2-4pm and Friday 22 August 10am-12noon

**Plaistow** Friday 1 August

10am-12noon and 2-4pm and Friday 15 August 10am-12noon

#### **ICT Surgeries**

**East Ham** Friday 15 and 22 August 2-4pm

**The Gate** Friday 15 August 2-5pm

**North Woolwich** Friday 22 August 2-5pm

**Stratford** Friday 15 August 2-5pm

### YOUNG PEOPLE

#### **Children's Reading Group**

Explore the pleasure of reading in a family-friendly environment.

**Canning Town** Thursday 7 August 4.30-5.30pm

**Teen Xtra Evenings** – Free activities for young people aged 12 to 21.

**The Gate** Every Friday 6-8pm

### LIBRARY ADDRESSES

**Beckton Globe** 1 Kingsford Way, E6 5JQ. 020 8430 4063

**Canning Town** Barking Road, E16 4HQ. 020 7476 2696

**Custom House** Prince Regent Lane, E16 3JJ. 020 7476 1565

**East Ham** High Street South, E6 6EL. 020 8430 3647

**The Gate** 4-20 Woodgrange Road, Forest Gate E7 0QH. 020 8430 3838

**Green Street** 337-341 Green Street, E13 9AR. 020 8472 4101

**Manor Park** Romford Road, E12 5JY. 020 8430 2207

**North Woolwich** 5 Pier Parade, E16 2LJ. 020 8430 5900

**Plaistow** North Street, E13 9HL. 020 8472 0420

**Stratford** 3 The Grove, E15 1EL. 020 8430 6890

Archives and Local Studies: 020 8430 6881



## ESTATE BASED SPORTS

**Sessions are open to 12-18 year-olds, free unless otherwise stated and for all abilities. For more information call 020 8430 2484 or visit [www.newham.com/2012Games](http://www.newham.com/2012Games)**

### Athletics

Every Friday 4.30-6pm, eight-19 years, Drapers Field

### Basketball

For ages eight-19 unless otherwise stated.

### Leyton Orient Community Sports Programme (LOCSP)

Every Monday 4.30-6.30pm  
Winsor Park

Every Monday 7-9pm  
Froud Community Centre

Every Tuesday 5-7pm

Royal Victoria Gardens

Every Tuesday 7.30-9pm  
Plaistow Park

Every Wednesday 5-7pm  
Memorial Park

Every Wednesday 5-6.30pm  
New Beckton Park

Every Thursday 4.30-6.30pm  
Priory Park

Every Thursday 5.30-7.30pm  
Barking Road Rec

Every Friday 5-6.45pm

Forest Gate Youth Centre

Every Friday 5-7pm  
Lister Gardens Park

## Newham All Stars Sports Academy (NASSA)

Term time only. For more information please contact Natasha Hart on 020 8519 3961.

Every Tuesday 4.30-6pm, girls 11-16 years

Sarah Bonnell School

Every Thursday 6-8pm, 12-16 years

Cumberland Sports College

Every Friday 4.15-5.30pm

8-11 years

5.30-7.30pm, 12-16 years

Cumberland Sports College

Every Saturday 11am-1pm

8-11 years

Sarah Bonnell School

## Youngbloods Basketball Club

For more information please contact Caroline Charles 07958 307657 or Steven on 07940 111175.

Every Tuesday 6-8pm, under-15s and under-14s

East Ham Leisure Centre

Every Tuesday 8-10pm, under-18 and under-16 boys

East Ham Leisure Centre

Every Tuesday 5.30-7.30pm, under-16s and under-15s

Newham Leisure Centre

Every Thursday 6-8pm, under-15 boys national league

Newham Leisure Centre

Every Saturday 1-3pm, under-13s and minis

East Ham Leisure Centre

## Cricket

Every Thursday

5-7pm, eight-to-16 years

Newham Cricket Club

Langdon School

£1 per session

Every Tuesday

5.30-7pm, eight-to-19 years

Score Indoor Complex

Every Thursday

4.30-6pm, eight-to-19 years

Drapers Field

2-4pm, six to 14 years (£3 charge)

Score Complex

## Ascension Football Academy

For more information please contact Louise on 07841 749292.

Every Saturday

School years R-3:

9.30-10.30am

School years 4-7:

10.45-11.45am

School years 8-11:

12noon-1.30pm

£2.50 per child per session

King George V Park

## Football

Every Monday 6-8pm

Plaistow Park

Every Tuesday 5.30-7.30pm

Little Ilford Ball Cage

Every Tuesday 5-7pm

Stratford Park

Every Tuesday 5-7pm

Phoenix Cage

Every Wednesday

4.30-6.30pm

Royal Victoria Gardens

Every Wednesday

5-7pm, eight to 19 years

Stratford Park

Every Wednesday

7.30-9.30pm, 16+ years (£2 charge)

Score Complex

Every Thursday 5-7pm

Scud Park Ball Cage

Every Thursday 6-8pm

Forest Gate Youth Centre

Every Friday

4-5.30pm (term time only)

St John's Community Centre

Every Friday 6-8pm

Priory Park Ball Cage

Every Saturday

## Estates Football and Basketball League

Every Monday

6-8pm, under-14s and under-17s

Score Complex Hard Court

Every Tuesday 5.30-7pm, under-12s and under-14s

Drapers Field

Every Friday 6-8pm, under-14s and under-17s

Leyton Manor Park

## Football and Basketball

Every Monday 4.30-6.30pm

Winsor Park

Every Wednesday 5-7pm

New Beckton Park Ball Cage

Every Wednesday

4.30-6.30pm

Ford Park

Every Wednesday 6-8pm

Plashet Park

Every Thursday 4.30-6.30pm

Priory Park Ball Cage





*Every Thursday 5.30-7.30pm*

*Barking Road Rec*

*Every Friday 5-7pm*

*Lister Gardens Park*

*Every Friday 5-7pm*

*Canning Town MUGA*

#### **Multi-Sports**

*Every Monday*

*5-7pm, eight to 19 years*

*Langthorne Park*

*Every Monday*

*5-7pm, eight to 19 years*

*Alma Street MUGA*

*Every Tuesday 4-5pm*

*Carpenters and Docklands*

*Centre (term time only)*

*Every Tuesday*

*5-7pm, eight to 19 years*

*Stratford Park*

*Every Wednesday 4-5pm*

*Carpenters and Docklands*

*Centre (term time only)*

*Every Wednesday*

*5-7pm, eight to 19 years*

*The CAGE (Chatsworth Active Games Enclosure)*

*Every Wednesday 5-7pm*

*Stratford Park*

*Every Wednesday*

*4-6pm, 10 to 19 years*

*Cann Hall Park*

*Every Wednesday*

*5-7pm, eight to 19 years*

*Major Road Ball Park*

*Every Thursday*

*5-7pm, eight to 19 years*

*The CAGE*

#### **Stratford Table Tennis Club**

#### **Tennis Club**

*Every Wednesday*

*6.30-9.30pm*

*Stratford Secondary School*

#### **Eastlea Handball Club**

*Every Thursday 4-5pm*

*11 to 18 years*

*Eastlea School*

*Every Thursday 5-6pm*

*four to 11 years*

*Eastlea School*

#### **Stratford Handball Club**

*Every Monday 3.15-4.15pm*

*11 to 18 years*

*Stratford Secondary School*

*Mondays 4.30-5.30pm*

*four to 11 years*

*Stratford Secondary School*

#### **Venue Addresses**

*Alma Street MUGA*

*Stratford E15*

*Barking Road Rec*

*Burges Road, East Ham E6*

*The CAGE (Chatsworth Active Games Enclosure)*

*Cruickshank Road, Stratford E15*

*Cann Hall Park*

*Off Cann Hall Road, E11*

*Canning Town MUGA*

*Corner of Freemasons Road and Sophia Road, E16*

*Carpenters and Docklands Centre*

*98 Gibbins Road, Stratford E15 2HU*

*Cumberland School*

*Sports College*

*Oban Close, Plaistow E13 8SJ*

*Drapers Field*

*Temple Mills Lane, off Leyton High Road, E15*

*East Ham Leisure Centre*

*324 Barking Road,*

*East Ham E6 2RT*

*Ford Park, Canning Town, E16*

*Forest Gate Youth Centre*

*Woodgrange Road, E7*



*Froud Centre*  
*Toronto Avenue,*  
*Manor Park E12 5JF*  
*Langthorne Park*  
*Off Leytonstone High Road, E11*

*Leyton Manor Park*  
*Off Capworth Street,*  
*Leyton E10*

*Lister Gardens Park*  
*Corner of Upper Road and*  
*Florence Road, Plaistow E13*

*Little Ilford Ball Cage*  
*Reynolds Avenue,*  
*Manor Park E12*

*Major Road Ball Cage*  
*Stratford E15*

*Memorial Park*  
*West Ham E15*

*New Beckton Park Ball Cage*  
*Savage Gardens, Beckton E6*

*Newham Leisure Centre*  
*281 Prince Regent Lane,*  
*Plaistow E13 8SD*

*Phoenix Cage*  
*Milner Road, West Ham E13*

*Plaistow Park*  
*Balaam Street, Plaistow E13*

*Plashet Park*  
*Woodhouse Grove,*  
*East Ham E6*

*Priory Park Ball Cage*  
*William Morley Close,*  
*Upton Park E13*

*Royal Victoria Gardens*  
*Pier Road, North*

*Woolwich E16*

*Sarah Bonnell School*  
*Deanery Road,*

*Stratford E15 4LP*

*Score Complex*

*100 Oliver Road*

*Leyton E10 5JY*

*Scud Park Ball Cage*

*Tant Avenue,*

*Canning Town E16*

*Stratford Park*

*Densham Road,*

*Stratford E15*

*St John's Community Centre*

*Albert Road, North*

*Woolwich E16*

*Winsor Park, Warwall,*

*Beckton E6*



## ALL OTHER LISTINGS

### SPORTS AND PHYSICAL ACTIVITIES FOR DISABLED PEOPLE

#### **Multi-Sports**

Mondays at Eastlea multi-sports club for SEN & disabled young people, Eastlea Community School from 4 to 5.30pm

#### **Multi-Activities**

People with Disabilities Club, Tuesdays at Newham Leisure Centre from 10.30am to 12midday

#### **Swimming**

People with Disabilities Club, Tuesdays at Newham Leisure Centre from 3 to 5pm  
Newham Otters Swimming Club, Saturdays at Newham Leisure Centre from 4.45 to 5.45pm

#### **Trampolining / Fitness / Swimming**

SEN and disabled adults at Newham Leisure Centre, Tuesdays from 10am to 4pm

#### **Get fit for free**

Free use of the gym for one year for people with learning disabilities at Newham Leisure Centre on Tuesdays from 1.30 to 3.30pm. To book an induction you must contact Andrew Nippard on 020 7511 4477

#### **New Age Kurling**

Wednesdays at Newham Leisure Centre, 4 to 5.30pm. FREE

#### **Goalball**

First Thursday of the month at Newham Club, Brampton Manor School from 5 to 7pm

#### **Trampolining**

Fridays at Newham Leisure Centre from 4 to 5pm. Please book places in advance due to limited places. Call Andrew Nippard on 020 7511 4477 or email andrew.nippard@newham.gov.uk

#### **Wheelchair Football**

West Ham United Power Wheelchair Football Club, Saturdays at Eastlea Community School from 1 to 2pm

#### **B1 Football Club**

Third Sunday of every month at East Ham Leisure Centre from 10am to 12midday

### OTHER EVENTS

#### **Live music at the Bridgehouse**

Local live music venue; shuttle bus from Canning Town Tube and limited free parking after 4pm.

#### **Remus Down Boulevard**

Thursday 31 July  
+ The Latch + Kate Newly

+ DJ Chilli  
7-12pm; £5 entry

#### **Club Hard Drive**

**Friday 1 August**

+ Novus  
9pm; £5

#### **Warm up for Blackpool**

**Sunday 3 August**

+The Rabble +Manufactured Romance +The Duel +Dangers Close +The Machines 4pm; £TBC

#### **London Waiting**

**Friday 8 August**

+ Coda  
7.30pm; FREE entry

#### **Theatre Royal Stratford East**

##### **Free comedy**

Comedy Extra with Victor Daniels: a preview of his Edinburgh show in this fantastic one hour performance.

**Sunday 27 July 2008 from 8pm**

Soham Das, Joes K, Michael Grobelny, Nik Coppin with compere Lenny Peters

**Monday 28 July from 8pm**

#### **Get Fit @ The Hub**

123 Star Lane, Canning Town, London E16 4PZ  
Equipment provided  
Mondays 1-2pm, 18+  
£2 unwaged / £4 waged

## USEFUL NUMBERS

### **020 8430 2000**

Hundreds of services, just one number – for all council enquiries

For questions about councillor surgeries or to find out which ward you live in, call 020 8430 2000 or visit [www.newham.gov.uk/yourcouncillor](http://www.newham.gov.uk/yourcouncillor)

Write to Mayor Sir Robin Wales at Newham Town Hall, Barking Road, East Ham E6 2RP or email [mayor@newham.gov.uk](mailto:mayor@newham.gov.uk)

For information about Community Forums freephone 0800 519 4015 or email [community.forums@newham.gov.uk](mailto:community.forums@newham.gov.uk)

For information about the 2012 Games and how it will affect Newham, visit [www.newham.com/2012Games](http://www.newham.com/2012Games)

To report anti-social behaviour call Newham's 24-hour hotline on 0800 731 3300

To speak to the editor of The Newham Mag, call Anita Plaha on 020 8430 2000 or email [newham.mag@newham.gov.uk](mailto:newham.mag@newham.gov.uk)





# Drop in

...and we'll help you out

If you're thinking of giving up, why not pop down to one of our new 'Stop smoking' drop-in venues?

Get **free** friendly advice and support, plus access to nicotine replacement therapy (gum, patches etc).\*

**Don't miss out...drop in!**

For further information call us now on **0800 0131673** or text **QUIT** to **60155\*\***

**St John's Church**

Stratford Broadway  
E15 1NG

Saturdays 10am-12pm\*\*  
Wednesdays 11:30am-1:30pm\*\*\*

**The Hartley Centre**

267 Barking Road  
E6 1LB

Saturdays 10am-12pm\*\*\*

**Canning Town & Custom House Regeneration Project Office**

20 Freemasons Road  
Custom House  
E16 3NA

Saturdays 10am-12pm\*\*\*

\* One prescription charge per week will be collected for the first 4 weeks, then one prescription charge every 2 weeks will be collected thereafter. A maximum of 12 weeks NRT may be supplied. Continued supply of medications is subject to terms and conditions.

\*\* Standard text rate applies.

\*\*\* Each venue will remain in operation every week until such a time that the service is no longer viable. Service provision will be reviewed by Newham Stop Smoking Service every 3 months and a decision made to continue with, or end the service in a designated area will be made at that stage. We will try to notify service users directly if a service ceases.

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